

DAY TWO

“There is in every true woman’s heart a spark of heavenly fire, which lies dormant in the broad daylight of prosperity; but which kindles up and beams and blazes in the dark hour of adversity.”

—WASHINGTON IRVING—

HER NEXT STEPS 14 DAY SUCCESS PLAN



Think of three things for which you are thankful.



What is something that is unique to you and that you love about yourself?



REMOVE: Taking away something from our diet is hard. Here you need to be realistic. Start by removing an unhealthy habit that isn’t hard for you to remove. Cutting down on that extra coffee in the afternoon or that soda wherever possible. Today you could for example add in a green smoothie.



Go on a brisk walk for 15/20 minutes. Every 5 minutes stop and do 10 squats.



TREAT YOURSELF!

It can be a big cookie, going out to tea with a friend, treating yourself to a Spa, or just having alone time after work and not cooking for your family! It can be a glass or two of wine (not a bottle!)...

You choose and You enjoy!

If your treat is in caloric form, please replace it with one of your meals and limit it to just one a day! :)
